



Child and Adult Care Food Program (CACFP) Meal Pattern Components

Milk

Child and Adult Care Food Program (CACFP) regulations require **fluid milk** to be served for breakfast, lunch and supper. Additionally, fluid milk may be served as one of the two required components for snack.

When planning the milk component for CACFP menus, keep the following in mind:

- To be credited, milk must be pasteurized and meet state and local standards for fluid milk. Flavored or unflavored whole milk, reduced-fat (2%), low-fat (1%) milk, skim milk or cultured buttermilk may be served. All milk should contain vitamins A and D at levels specified by the Food and Drug Administration.
- At breakfast, fluid milk can be served as a beverage, used on cereal or used in part for each purpose. Both lunch and supper must contain a serving of fluid milk as a beverage.
- If milk is one of the two components served for a snack, it must be fluid milk as a beverage or used on cereal or used in part for each purpose.
 - ✓ Milk may not be credited for snack when juice is served as the only other component.
 - ✓ It is recommended that milk not be served when yogurt is the only other snack component.
- Milk may not be credited when cooked in cereals, puddings, cream sauces or other foods.





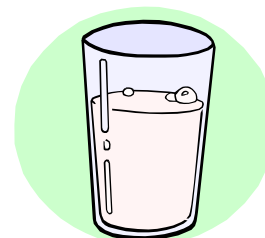
Nutrition Information for Milk

Milk provides protein and carbohydrate, calcium, phosphorus, potassium, riboflavin and vitamins B₁₂ and A. Fortified milk also contains vitamin D. Milk contains fat, saturated fat and cholesterol. A cup (8 ounces) of nonfat or fat-free milk contains only a trace of fat, while whole milk and 2% reduced-fat milk provide significantly more (see chart below).

Total Fat and Saturated Fat Content of Various Types of Milk			
Milk (8 ounces)	Calories	Total Fat Grams (g)	Saturated Fat Grams (g)
Nonfat or Fat-Free	86	0.4 g	0.3 g
1% Low-fat	102	2.6 g	1.6 g
2% Reduced-Fat	121	4.7 g	2.9 g
Whole	150	8.2 g	5.1 g
1% Chocolate	158	2.5 g	1.5 g
2% Chocolate	179	5.0 g	3.1 g
Whole Chocolate	208	8.5 g	5.3 g
Source: <i>Trimming the Fat</i> . Associated Milk Producers, 1995.			

Milk Choices for Children

The type of milk recommended for children varies depending on their age. Whole milk **must** be served to children under the age of 2. Reduced-fat milk (2%), low-fat milk (1%) and nonfat (skim) milk are not appropriate for children under the age of 2, as young children need adequate amounts of fat for normal growth and development.



For children ages 2 to 5, serve reduced-fat (2%) or low-fat (1%) milk.

After age 5, nonfat milk can be served. Acceptance of lower fat milk can be increased if it is introduced gradually. For example, going from whole to 2% to 1%, instead of switching from whole directly to nonfat.

For additional information on crediting milk, consult the Crediting Foods Guide in the Office of Child Nutrition's *Nutrition Policies and Guidance for the Child and Adult Care Food Program: Child Care Centers and Family Day Care Homes*. For questions regarding the crediting of foods in the CACFP, contact the Office of Child Nutrition at (860) 807-2070.